Coping with Trauma

- Talk it through: encourage victim to discuss and resolve feelings about incident
- Tackle avoidance: discuss graduated increase in activities i.e. begin travelling again after car crash
- Cope with anxiety: management techniques e.g. relaxation, distraction
- Dealing with anger: encourage discussion
- Overcome sleep problems: emphasise importance of regular sleep habits, avoid excessive use of alcohol and caffeine
- Treat associated depression: medication, plotted for hypnotics immediately after trauma.

Cognitive-behavioural Therapy for PTSD

- Detailed and repeated exposure to traumatic information and modification of maladaptive beliefs about events, behaviours or symptoms
  - Exposure-based therapies appear particularly effective; details of such techniques via systematic desensitisation or exposure in vivo.

Pharmacological Treatment

- SSRIs particularly helpful
- Antidepressants may still remain for both PTSD & depression

Relief and PTSD

- Rapid intervention intended to support survivors in a disaster
  - No evidence that debriefing reduces general psychological morbidity, depression or anxiety
    - High scorers on impact of event scale who received intervention were worse off than any other group (even lower score with no intervention)